

Eagle View Adult Center

May and June 2015



Class & Event Registration begins Thurs. Apr 30

Trip Registration begins Fri. May 1

See pages 2 & 15 for details!

Eagle View Adult Center will be closed Monday, May 25 for Memorial Day.

1150 Prairie Center Parkway, Brighton, CO 80601

303-655-2075

www.brightonco.gov

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Hours: Monday - Friday 8:00 a.m. - 4:00 p.m.

Phone: 303-655-2075

Location: 1150 Prairie Center Parkway
Brighton, CO 80601

Eagle View Center Staff

Sue Corbett - Director

Donna Singer - Program Coordinator

Ermie Marquez - Information & Referral

Gayle Martinez - Administrative Assistant

Becky Eichem - Front Desk Receptionist

Christina Harris - Trip Coordinator

Eleanor Maestas - VOA Meal Site Coordinator

Lucy Castro - Custodial Staff

Debbie DenBleyker - VNA Nurse

On The Cover

Quilting class members donate handmade quilts and blankets every year to the Brighton Police so they can be distributed to people in need. Pictured are ladies from the Beginning Quilting Class taught by Teri Hendrickson.

VOA Lunch

A hot, nutritious lunch is provided by Volunteers of America, **Monday - Thursday**. Lunch is served at 11:30 a.m. Reserve your meal **2 working days in advance** by calling 303-655-2271 (Mon - Thurs, 10 a.m. - 1 p.m.)

Daily meal donations are appreciated.
\$2.50 Donation per meal if age 60+
\$7.25 Mandatory charge if under 60

REGISTRATION PROCEDURE

CLASSES & HAPPENINGS REGISTRATION begins on Thursday, April 30 at 8:00 a.m.

- Registration is on a first-come, first-serve basis. You can register for yourself and one other person. Cash or checks only, no credit cards accepted. No trip registration.

TRIP REGISTRATION starts Friday, May 1 and is held as a LOTTERY.

- Doors open at 8:00 a.m. to fill out your registration form. **Breakfast refreshments provided by Humana.**
- To be in the first round of trip registration, be in the dining room between **8:15 - 8:30 a.m.** to pick a number. Numbers are randomly drawn, so there is no advantage to drawing first.
- **Registration begins at 8:30 a.m.** for people with lottery numbers. During this time, you can **register for yourself and only one other person**. You may also register for classes and happenings at this time. No credit cards.
- When lottery registration is over (approximately 10:30 a.m.), we will re-open registration on a first-come, first-served basis.
- **After May 1**, register for all activities and trips at the front desk during business hours.
- Registration is taken until the deadline date listed for each activity OR until all spaces have been filled. Don't wait - activities fill fast!

Senior Wellness Clinic

The Senior Wellness Clinic focuses on health promotion and disease prevention for adults 55+. Operated by Visiting Nurses Association (VNA), services include foot care, health screenings, and blood pressure checks. Appointments required - call 303-655-2075. Foot care fee is \$25, due at the time of service. Reduced fees available. Foot care is Kaiser covered with pre-approval.

Clinic hours: 9:00 a.m. - 3:00 p.m.

Thursdays: May 7 - 28 June 4, 11, 25

Friday: May 15

Continuous Drop-in Activities

3

Cards, Cards, Cards!

Meet friends for an afternoon of fun. New players are welcome. Questions? Call the volunteer.

Hand and Foot

1:15 - 3:30 p.m.
Mondays
No cards May 25
Room: Hawk/Heron
Linda 303-910-4221

UNO

10:00 - 11:30 a.m.
Tuesdays
Room: Brown

Pinochle Pals

12:30 - 3:30 p.m.
Tuesdays
Room: Hawk/Heron
Sandy 303-288-1489
Chama 720-244-6216

Cribbage

12:30 - 3:30 p.m.
Wednesdays
Room: Falcon
Chuck 720-685-3369

Bridge

12:30 - 3:30 p.m.
Fridays
Room: Hawk/Heron
Judy 303-378-5226

Pitch

12:30 - 3:30 p.m.
Fridays
Room: Falcon
Shirley 720-685-3369

Judy Schissler not only volunteers at Eagle View, she takes advantage of the many class and programs. "You never get to old to learn!"



Bingo

No fee - just fun! Prizes vary from bakery goods to "white elephant" gifts. We play immediately following VOA lunch. Please drop off bingo donations at the front desk. No bingo on May 14 & 25.
12:00 - 12:45 p.m.
Mondays & Thursdays

Computers Available

Computers with free internet are available when the Falcon Room is not occupied. See front desk to use the free Wi-Fi.

Knit & Crochet Drop-in

Drop-in to knit or crochet. No instructors, but friendly help available.

9:00 - 10:30 a.m.
Thursdays
25¢ per week
Copies cost 10¢ per page

Police Time

Officer Sharon Wazny is here to answer questions about safety or police issues.
11:30 a.m. - 12:30 p.m.
Tuesdays

Ladies Billiards

Ladies, drop-in for some "women only" billiards. No men please. Center closed May 25.
1:00 - 4:00 p.m.
Mondays
25¢ per day

Wii Bowling

With the TV and Wii, you can "bowl" from a chair or standing. If you can swing your arm, you can Wii bowl in our lobby.
10:00 - 11:30 a.m.
Wednesdays

Mexican Train Dominos

This is an easy game to learn - it's regular dominos with a fun twist.
12:30 - 3:30 p.m.
Wednesdays

Scrabble

Play Scrabble with others who love the game.
1:00 - 3:30 p.m.
Wednesdays

Lending Library

Borrow books from the library for free. Do NOT re-shelve books: our great volunteer librarians do that for us.
MOST of our Large Print Books are MISSING. Please return large print books when done; these books are in big demand.

**Registration
for May/June Happenings
begins on Thurs. Apr 30**

Massage

Massage therapist, Bonita Rose, provides massage services. Call 303-655-2075 for appointment. Pay her at the time of service.

May: 9:15 - 11:30 a.m.

June: 9:30 a.m. - 2:30 p.m.

Wednesdays

½ hour - \$26 1 hour - \$41

**Rocky Mountain Senior
Games Registration
Forms and Payment
DUE MAY 4.**

Lunch Tues & Wed

Thanks to the generosity of the Senior Advisory Board, you are eligible to be in a monthly drawing to win a \$10 gift card when you come to VOA lunch on Tuesdays or Wednesdays. Bring a friend and put your name in twice!

Medicare Counseling

If you need help with Medicare issues, you can receive one-on-one assistance with our SHIP counselor who is specially trained on Medicare insurance programs. Call Ernie at 303-655-2079 to make an appointment. Adams County residents with general questions can also call Centura Health Links at 720-321-8850.

12:00 - 3:30 p.m.

Tues. May 5 & 19

Walk On!

Let's walk together. Wear good walking shoes, dress for the weather, and bring water to drink along the way. Meet in the lobby and we'll venture outside on the numerous walking paths in our area. Olly Rameriz is the leader.

8:30 - 9:30 a.m.

Wednesdays

May 6 - June 24

\$4 (8 wks)

Deadline: Mon. May 4



**Weight Loss Support
Group**

Whether you are trying to lose weight or just keep it off, this support group is for you. Lisa Scharton facilitates. You'll share recipes, learn tips for weight loss, and explore ways to be successful. For both new and continuing participants.

8:45 - 10:00 am

Wednesdays

May 6 - June 10

\$12 (6 wks)

Deadline: Tues. May 5

**Thimmig Children's
Choir**

They are a small group
but mighty!

Wed. May 6 at 11 a.m.

Stay for lunch? Call Eleanor
303-655-2272

Bunco

Bunco is an easy and fun game of dice. We can teach you the game in 5 minutes. Enjoy an afternoon of laughter, refreshments, and prizes. Limited to 32 people.

1:15 - 3:45 p.m.

Thurs. May 7 & 28

\$4

Deadline: Tuesday before

**Dementia Caregiver
Support Group**

This group is for family or friends who are caring for someone with Alzheimer's disease or another form of dementia. This is an opportunity for caregivers to share with each other concerns, coping techniques, and tips. Group is sponsored by the Alzheimer's Association, led by Sue Herzog.

6:00 - 7:30 p.m.

Thurs. May 7



Friday's Feast

Fred Applewhite and John Bell will enchant you with the stories of the Buffalo Soldiers of the American West. We'll serve pulled pork sandwiches, salad, and dessert from Inglenook.

12:00 noon

Fri. May 8

\$4

Deadline: Wed. May 6

Blood Pressure Screening

Firefighters from the Brighton Fire Dept. will perform free drop-in blood pressure checks.

10:30 – 11:30 a.m.

Mon. May 11

Thurs. May 28

Caregivers Support

Are you taking care of a loved one? Learn helpful caregiving tips while gaining valuable insight from other caregivers. Find out about free or low cost resources to help you. Mary Thatcher from the Senior Hub (303-426-4408) facilitates.

10:00 – 11:30 a.m.

Thurs. May 14

Lunch and the Crooners

It's time for some 60's folk music! We'll start with our famous VOA lunch. Then, *The Crooners*, a singing group from Heritage Todd Creek will entertain. You will LOVE this program. Sign up with Eleanor 303-655-2271 by 5/7. Pay the day of the event. No bingo.

11:15 a.m.

Thurs. May 14

\$2.50 meal donation

Deadline: Thurs. May 7



Kitchen volunteers Barbara Jarzynka and Marge Brown

Aging Skin & Skin Cancer

Our skin is the primary barrier between our bodies and the rest of the world. As we age, caring for your skin becomes even more important. Join us for an informative discussion on the challenges of aging skin including common skin conditions and skin cancer.

Led by Ryan Bird, PA-C of the Boulder Valley Center for Dermatology.

12:00 noon

Fri. May 15

Deadline: Wed. May 13

Peru

Marilyn Rowe has traveled the world and recently visited Peru. She will enchant you with the pictures and stories from her Amazon cruise on a small river boat. Machu Picchu is one of the "wonders of the world" and you will see why.

1:00 p.m.

Mon. May 18

Deadline: Thurs. May 14

Medicare 101

Are you turning 65? Are you already signed up for Medicare but don't really understand what it is all about? This program is an overview of Medicare. What it is, how it works, what it covers, especially under Parts A and B.

6:30 – 8:00 p.m.

Tues. May 19

Deadline: Fri. May 15

Donor Recognition

If you have contributed to our "Deck the Walls" campaign, you will receive an invitation to this event. Watch the mail!

5:00 – 6:30 p.m.

Wed. May 20

Healthy Tips

Betty Stephenson shares the most recent research about nutrition and healthy eating. It's always great information, you will learn something new. Stay for lunch afterwards.

11:00 a.m.

Thurs. May 21

Cribbage Tournament

Our monthly cribbage tournament includes prize winnings, refreshments, and lots of laughs. No registration, just drop-in and pay fee to the tournament volunteer.

12:30 p.m.

Wed. May 27

\$4

Reader's Theatre Performance

Join us for the last play until September! The Reader's Theatre performances are always lots of fun. Come support our hard-working acting troupe!

11:00 - 11:30 am

Thur. May 28

**Registration for
May/June Happenings
begins on Thurs. Apr 30**

Israel

Our own Steve Winkler went on a tour of Israel and the Holy Lands. See the Bible unfold as you see pictures where Jesus and the Disciples roamed.

1:00 p.m.

Mon. June 1

Deadline: Thurs. May 28

Buffalo Soldiers

We are honored to be hosting a special presentation by the Buffalo Soldiers. This exciting event will feature 8-10 soldiers on horseback performing historical re-enactments including mounted Calvary drills and the saber drill. This program will be outside EVAC (uneven ground for walking) with bleacher seating.

12:30 – 1:30 p.m.

Sat. June 6



RMSG Team Meeting

Brighton team participants attending the 2015 Senior Games pick up your shirt and schedule. GO TEAM!

3:00 p.m.

Mon. June 8

**Avoiding Estate
Predators and Outlaws**

Come and learn how you can protect your heirs and loved ones from unscrupulous predators and “outlaws” trying to get at your estate. An experienced estate planning attorney will discuss how to take your estate planning to the next level of protection for your family

1:30 p.m.

Wed. June 10

Deadline: Mon. June 8

Friday Feast

Jessica Moya has one of those voices that will make you smile! She sings a wide variety of music. We'll serve chicken croissant sandwiches, fruit, and Brookdale cookies.

12:00 noon

Fri. June 12

\$4

Deadline: Wed. June 10

Relay for Life Info

The American Cancer Society will be here to encourage all Eagle View cancer survivors to attend the FREE survivor event on Friday, June 19 at Brighton's Relay for Life.

10:00 – 11:30 a.m.

Mon. June 15

Low Vision Group

The Low Vision Group is a free drop-in program for seniors 55 + with visual impairments. Receive valuable information and emotional support, while meeting others who also cope with vision issues.

1:00 – 2:00 p.m.

Mon. June 22

Neck & Back Pain

If you're suffering from neck and back pain instead of loving summer, join us for a free, informative seminar on reducing and treating your aches. Led by Dr. David Shafer of Boulder Neurosurgical and Spine Associates.

12:00 noon

Wed. June 24

Deadline: Mon. June 22

**Descriptions for these
are found on Pages 4 & 5**

Medicare Counseling

Tues. June 2, 16 & 30

12:00 - 3:30 p.m.

Dementia Caregiver

Thurs. June 4 6:00 - 7:30 p.m.

Caregivers Support

Thurs. June 11 10:00 a.m.

Blood Pressure Screening

Thurs. June 11 & Mon. June 22

10:30 - 11:30 a.m.

Bunco

Thurs. June 11 & 25 1:15 p.m.

Cribbage Tournament

Wed. June 24 12:30 p.m.

**Registration for Trips
begins on Friday, May 1
See Page 2 for details.**

Annie - DCPA

WAIT LIST ONLY

6:00 p.m.

Tues. May 5

Bowling for Fun – Coal Creek

We are traveling back to our favorite lanes for a fun day of bowling. Coal Creek Lanes are eager to welcome back our fun-loving bowlers. If you like to bowl but do not have time for a league, then this is the trip for you! Two hours of “just for fun” bowling with the group. Shoe rental is included. After bowling we will venture over to iPie for your individual pizza creation.

9:45 a.m.

Thurs. May 7

\$13 (plus meal \$10+)

Deadline: Wed. May 6

Dushanbe Teahouse

Celebrate Mother’s Day early with an elegant “Afternoon Tea” at the Dushanbe Teahouse in Boulder. Your experience will come complete with a lovely table dressed with English style white linens and tea time accoutrements, fresh baked pastries, artichoke purses, and a cucumber sandwich. Price includes tip. Your Mother’s Day weekend will seem even more special when celebrated with the long standing ritual of sharing

friendship, love, and delicious tea and pastries.

1:45 p.m.

Sat. May 9

\$33

Deadline: Thurs. May 7

Bull Durham Gambling

Head to the hills to gamble at the ever popular Bull Durham Casino in Blackhawk! Bonuses include: \$5 cash upon arrival; free hot dog & sweet treat for lunch; and after 100 base points earned on player's card receive an additional \$5. We will leave Blackhawk at 4:00 p.m.

8:45 a.m.

Tues. May 12

\$15

Deadline: Thurs. May 7
by noon

Jazz in the Afternoon

Art Bouton leads a group of musicians from the Colorado Jazz Repertory Orchestra as they add some jazz to your afternoon with a swingin’ new concert at the Lone Tree Arts Center. Refreshments are provided as part of your ticket, so stay after the performance to talk with performers. Lunch before at Lyfe Kitchen, a brand new restaurant featuring fresh, local food prepared by world class chefs for a reasonable price! Gluten free and vegetarian options available.

10:00 a.m.

Wed. May 13

\$24 (plus meal \$10+)

Deadline: Tues. May 5

FACE Vocal Band

The Northglenn DL Parsons Theatre presents the vocal band FACE as part of their new a capella series. FACE is a nationally recognized vocal rock band based out of Boulder, Colorado, bringing a new edge and attitude to the human voice. Using just five singers and a vocal drummer, FACE creates a rock-music phenomenon that has to be seen to be believed. No instruments and no special effects – just six guys. Dinner before at the Wishbone for some great fried chicken.

4:30 p.m.

Fri. May 15

\$12 (plus meal \$10+)

Deadline: Wed. May 6



Rockies vs. Philadelphia

The Philadelphia Phillies take on the Rockies at Coors Field in Denver. We have main level seating on third base side with easy access for a great price. Arrive early for close-in parking and to purchase food/souvenirs. Bring your own food or buy at the venue. Two handicapped seats available.

10:30 a.m.

Thurs. May 21

\$16 (plus food \$6+)

Deadline: Wed. May 6

Sunset in the Garden

Experience a one of a kind sunset walking tour at the Garden of the Gods. Your witty tour guide will portray "Prairie Dog" (a real-life historical character). This 1 1/2 mile walk is on flat pavement with stops along the way to rest and learn the history of the area. End with a beverage and stop to enjoy a beautiful Colorado sunset.

Dinner before at Rudy's BBQ.

2:00 p.m.

Fri. May 22

\$27 (plus meal \$10+)

Deadline: Thurs. May 14

Cussler Museum

Visit the Cussler Museum in Arvada followed by lunch at Jim's Burger Haven. This museum is dedicated to the preservation of astounding rare and vintage automobiles from all over the world. This ever changing extensive collection of over 100 automobiles, ranging in years from 1906 to 1965, was started by renowned best-selling author Clive Cussler.

9:00 a.m.

Tues. May 26

\$13 (plus meal \$10+)

Deadline: Mon. May 18



Margie Neff on a hike.

Hike – Roxborough

Start the hiking season out with a trip to Roxborough State Park. After a long winter hibernation, let's stretch our legs on one of three beautiful hikes available here. There is something for everyone. Stop and smell the roses or move it along with a longer more vigorous hike. Pack your lunch and plenty of water. Ice cream on the way home!

9:00 a.m.

Fri. May 29

\$5 (plus snack \$5)

Deadline: Fri. May 22

Singin' in the Rain

By Request

Candlelight Dinner Playhouse in Johnstown presents *Singin' in the Rain*, based on one of the most loved and celebrated movies of all time. *Singin' in the Rain* is the story of the first Hollywood movie musical, a time when the silver screen found its voice and left silent movies and some of its stars behind. The MGM classic has been faithfully adapted from the original award-winning screenplay. Each unforgettable scene, song and dance, is accounted for, including an onstage rainstorm. Hilarious situations, snappy dialogue, and a hit-parade score of Hollywood standards make *Singin' in the Rain* the perfect entertainment for any fan of the golden age of movie musicals. Price includes dinner, non-alcoholic beverage, tip, tax, show and van ride.

11:00 am

Sat. May 30

\$59 (meal included)

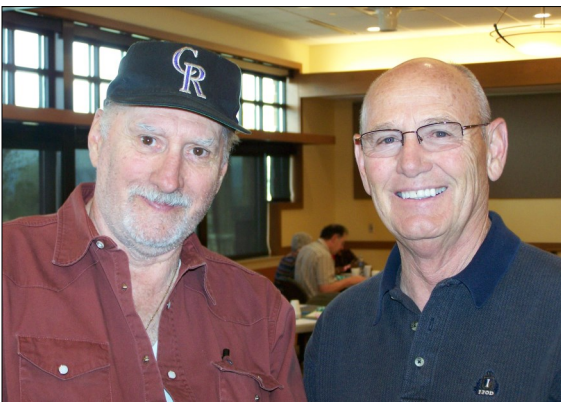
Deadline: Wed, May 13

THANKS VAN DRIVERS!

Our trip program could not be possible without our volunteer van drivers and fueling volunteers. Thanks to Bill Gaede, Catherine Stuart, Chris Fretter (left), Frank Rodriquez, Greg Watson, Jackie Woltman, James Johnson, John Hines, Mary Phalen, Mike Hileman, Mitchell Clement, Paul Rawls, and Paul Younger.

New drivers to our team are George Phillips, Nancy Seybold, and Tom Davis. Also new, Brent Harris, John Winkelman, and Dick Brown (right) as on-call drivers.

Chuck Phelps and Art Johnson retired as drivers this year and they are missed! Art helps fuel the vans with Chris Fretter. Armando Romero "road" trains the new drivers.



**Registration for ALL Trips
begins on Friday, May 1
See Page 2 for details.**

Horse Racing

Join us for a "Day at the Races" at Arapahoe Park in Aurora. Bet on the horses or just have some fun watching them run. Your package includes gate admission, race program, tip sheet, air conditioned clubhouse seating and a betting seminar. Box lunch with sandwich choices (roast beef, ham, turkey, and turkey club) chips, dessert and beverage is included in the price. Let us know your sandwich choice at registration.

11:30 a.m.

Fri. June 5

\$30 (meal included)

Deadline: Thurs. May 21

Denver Chalk Art

Join us as we venture to the Denver Chalk Art Festival on Larimer Square. More than 200 artists spend hours turning the streets of Larimer Square into a gallery of chalk art. Artists, sponsors, and spectators find it difficult to describe in words the splendid experience that Denver Chalk Art Festival creates. Cool down with some ice cream on the way home.

1:45 p.m.

Sun. June 7

\$6 (plus snack \$5)

Deadline: Thurs. June 4

Mardi Gras Gambling

Let us do the driving and try your luck at the Mardi Gras Casino in Black Hawk. Bring your players card for a \$10 food credit, \$5 free play (loaded on player's card – must have a pin number) and a candy bar upon your departure. Gambling trips are filling fast - so register early. You must sign up in Brighton if you plan to board the bus in Brighton. Departure time from Black Hawk is 4:00 p.m.

8:45 a.m.

Tues. June 9

\$15

Deadline: Thurs. June 4
by noon.



Rockies vs. St. Louis

The Rockies play the Saint Louis Cardinals at Coors Field in Denver. We have main level seating on third base side with easy access for a great price. We arrive early for close-in parking and to purchase food/souvenirs. Food available for purchase or bring your own. Two handicapped seats available.

10:30 a.m.

Wed. June 10

\$16 (plus food \$6+)

Deadline: Wed. May 20

1940s World War II Ball

Step back in time and join us for a USO style show with Bob Hope, Frank Sinatra, and more! Enjoy a night of dancing with WWII aircraft, flybys, vehicles, re-enactors, and some of the most sought after Big Bands under the nose of a WWII Bomber. Vintage cars, swing dancers and more. Food & cocktails for purchase. Dress up for a magical and nostalgic night at the Boulder Airport.

3:00 p.m.

Sat. June 13

\$48 (plus food \$10+)

Deadline: Fri. May 15

Humphrey House Tea

Your trip will begin with a guided tour where you can discover the life and times of the Humphreys and the Evergreen community. A delightful tea for lunch and then pick any of the activities in the "Circle of History" to take you back to simpler times. Or visit the art gallery, shop in "The Trading Post" antique store, or take a hike on the gorgeous grounds. The house does have a very steep staircase which is an optional part of the home tour.

10:15 a.m.

Tues. June 16

\$21 (tea included)

Deadline: Fri. June 5



Fishing – Dowdy Lake

Summer is almost here and a day of fishing is just the way to celebrate. Bring your poles, gear and bait, or just a good book, and head up to a place of beauty and fish o'plenty at Red Feathers' Dowdy Lake.

Whether you fish all the time or haven't picked up a pole in years come join the fun! Pack your lunch and don't forget your fishing license.

6:00 a.m.

Thurs. June 18

\$5 (plus snack \$)

Deadline: Tues. June 16

Serenity Springs

Serenity Springs Wildlife Center is dedicated to providing a safe, stable, and permanent environment for non-domestic felines and other wildlife. With over 120 big cats on site, you will be able to see a variety of these magnificent creatures that have been rescued from all over the world. Take a guided tour of the facility in Calhan (east of Colorado Springs) and stop for lunch at Rooster's Grille and Pizzeria after. Mulch ground cover over mainly flat ground throughout Wildlife Center.

8:30 a.m.

Sat. June 20

\$15 (plus meal \$10+)

Deadline: Thurs. June 4

**Hike –****Castlewood Canyon**

Join us as we head out to Castlewood Canyon State Park for a beautiful hike. You will enjoy environmental diversity on several hiking trails ranging from mild to moderate.

Remnants of geologic & local history combined with the Cherry Creek winding along the canyon floor provides a wonderful hike for all levels.

Pack your own lunch and plenty of water. Ice cream on the way home!

8:15 a.m.

Tues. June 23

\$5 (plus snack \$)

Deadline: Fri. June 19

White Water Rafting

This is the perfect early season trip for those looking for the thrill of whitewater rafting and the beauty of the incredible alpine scenery. You'll be surrounded by breathtaking mountain views while challenging the rapids on the Blue River near Frisco. Lots of excitement, relaxation, and fun in the sun! A great trip for rafters of all experience levels. You can choose to be in a raft where everyone paddles or ride the raft where the experts do all the work. Level 1 - 3 rapids on this trip. Pack your lunch and a snack! Handout at registration.

9:45 a.m.

Thurs. June 25

\$62

Deadline: Wed. June 10

**Scandinavian Midsummer Festival**

Spend a relaxing day in Estes Park at a magical Scandinavian event welcoming the summer Solstice. Entertainment runs continuously throughout the day, with dancing by Scandinavian folk groups, live traditional music performances, and a Viking encampment. There will be opportunities to join in the dancing! Lunch on your own at the festival's Scandinavian food vendors or a restaurant in Estes. Lots of walking.

7:30 a.m.

Sat. June 27

\$6 (plus meal \$)

Deadline: Thurs. June 18

Wicked - DCPA

WAIT LIST ONLY

6:00 pm

Tues. June 30

REMEMBER: You need to arrive 15 minutes BEFORE the published leave time for all trips. This gives us time to get everyone checked in, load the van, and leave on time.

**Registration for
ALL CLASSES
begins Thurs. Apr 30.
Sign up by the deadline or
the class may be cancelled
or full. Please don't wait
until the first class - it may
be too late!**

AARP Smart Driver

This AARP driving refresher course reviews safe driving practices and the rules of the road. Get a discount off your auto insurance from most companies for taking the class.

1:00 - 5:30 p.m.

Mon. June 29

\$15 AARP member

\$20 Non-member

Deadline: Thurs. June 25

Craft Time

We provide time and space for participants to work on any DRY craft hobby such as bunka, tatting, knitting, and crocheting. No instructors. You must register and pay the one-time \$4 fee – no matter when you join. No class May 25.

10:00 – 11:00 a.m.

Mondays

May 4 – June 29

\$4

Exercise

Get in shape for summer! Lois Burrell leads this “stretch & get moving” exercise class for people of all fitness levels. Exercises are done standing or seated depending on your

abilities. Drop-in class so pay \$1 per day when you can come! No class May 1 & 25.

10:00 – 11:00 a.m.

Mon/Wed/Fri

May 4 – June 29

\$1 daily fee

Fit Ball Class

Summer fun means more physical activity so get ready with Fit Ball. Fit balls are a great, safe way for seniors to improve balance, flexibility and core strength. Instructor Tanice Kitchener is a physical therapist from PVMC. All fitness levels welcome.

10:30 - 11:30 a.m.

Thursdays

\$20 (4 wks)

Session I: May 7 - 28

Deadline: Wed. May 6

Session II: June 4 - 25

Deadline: Wed. June 3

Greeting Cards

Ella Hastman will teach you how to make amazing greeting cards using a variety of materials - ink stamps, colored paper, old cards, and die cuts. At least two cards completed per class.

Instructor furnishes all supplies including envelopes. Last classes until September.

9:30 – 11:30 a.m.

Fridays

May 8 & 22

\$5 per class

Deadline: Wed. before

Genealogy – Discovering Your Roots

Learn how to find your ancestors and record the information using computers and other resources. Sheryl Johnson and Fred Trail will show you various websites to help you search your family tree. Class limited to three people on our EVAC computers. Five more students can bring a laptop or I-device with wireless capabilities and a flash drive for use in class. Some computer ability necessary.

9:00 – 10:30 a.m.

Fridays

May 8 – June 26

\$8 (8 wks)

Deadline: Wed. May 6

History: 20s & 30s

This session we look at the history of the 20s and 30s – eras that shaped us all whether we were born then or not. We will look at social, cultural, and historic events all leading up to WWII. Long-time Brighton High School history teacher and D.U. instructor Bob Ellis will provide historical facts to stimulate conversational learning. Participants share pieces of their personal history through guided discussion. No class May 25.

Session I: 9:00 - 10:00 a.m.

Session II: 10:15 - 11:15 a.m.

Mondays

May 18 – June 29

\$3 (6 wks)

Deadline: Thur. May 14

(Note: May 4 & 11 are makeup classes for Economics of 1750)

Japanese Bunka**Embroidery**

Bunka is the art of “punching” embroidery thread through stretched fabric with a special tool to make beautiful framed art. Supplies and kits available for purchase from instructor, Donna Heneger. Three slots are saved for beginners and a kit is provided to get you started. Last class until September.

10:00 a.m. – 12:00 noon

Wednesdays

May 6 – June 24

\$40 (8 wks)

Deadline: Tues. May 5

Line Dance – Beginner Level 1

This class is for those who are new to line dancing. Instructor Judy Yamakishi will teach you basic dance steps. You will then learn 1 or 2 dances per class depending on the group. There will be lots of repetition.

8:30 – 9:25 a.m.

Fridays

\$20 (4 wks)

Room: Nyholt

Session I: May 8 - 29

Deadline: Thurs. May 7

Session II: June 5 - 26

Deadline: Thurs. June 4

Line Dance – Level 2

Learn the newest line dance routines so you can join the fun at weddings and graduations when the DJ plays popular line dance songs! No partners

needed. Some experience in line dancing is necessary. If you have taken Beginning Line Dancing for several sessions try this class.

9:30 – 10:30 a.m.

Fridays

\$20 (4 wks)

Room: Nyholt

Session I: May 8 - 29

Deadline: Thurs. May 7

Session II: June 5 - 26

Deadline: Thurs. June 4

Mindfulness and Meditation for Adults

Learn techniques to develop mindfulness in daily life. Use guided and sitting meditation to literally improve your immune systems and increase your ability to self-heal. Come relax and learn to enjoy the moment! Instructor Ron Liggett can attest to the benefits!

1:45 – 2:45 p.m.

Thursdays

\$8 (4 wks)

Room: Falcon

Session I: May 7 - 28

Deadline: Tues. May 5

Session II: June 4 - 25

Deadline: Tues. June 2

Nordic Walking Beginning

Summer is coming and it's time to get outside and walk. Learn how to use Nordic Walking poles to improve your stride and endurance. If you have some physical challenges

with knees or hips, Nordic Walking can help you get walking again – our previous participants can testify to this! Nordic walking poles can be used indoors or out. Instructor Sarah Hoskin Clymer provides poles for you to use. Class is held outside (inside if inclement weather.)

9:00 – 10:00 a.m.

Tues. & Thurs.

\$23

Session I: May 12, 14, 19

Deadline: Fri. May 8

Session II: June 2, 4, 9

Deadline: Fri. May 29

Session III: June 16, 18, 23

Deadline: Fri. June 12

Nordic Walking Intermediate

This class is for students who have taken Nordic Walking before and feel fairly at ease using the poles. Students will hone their skills walking longer distances, learning to use poles on hills, and more. First class meets at EVAC and then class will go to other locations. Instructor Sarah Hoskin Clymer.

10:15 – 11:30 a.m.

Tues. & Thurs.

\$23

Session I: May 12, 14, 19

Deadline: Fri. May 8

Session II: June 2, 4, 9

Deadline: Fri. May 29

Session III: June 16, 18, 23

Deadline: Fri. June 12

Oil Painting

Instructor Judy Schissler welcomes continuing and veteran artists! Veteran painters work on the oil painting of their choice. Continuing beginner students will work closely with the instructor to hone their skills and learn new techniques. New beginners welcome in Sept.

9:30 – 11:30 a.m. class

1:00 – 3:00 p.m. class

Tuesdays

May 5 – 26

\$10 (per time slot)

Deadline: Mon. May 4

Oil Paint – June Drop-in

Summer is here so oil painting becomes a drop-in class. One 3 ½ hour morning session is held to work on the project of your choice. No instructors and no registration – just drop in and pay the daily fee of \$.25 per day. Limited to 16 people.

8:30 a.m. – 12:00 noon

Tuesday

June 2 – 30

25¢ per week

Room: Peer (Craft)

**Sewing & Quilting Basics for Beginners**

This new class is for those of you who have wanted to make a quilt but have little experience with sewing. You will learn some basic machine skills, how to use quilting tools properly, and quilting conventions. You will complete a small quilt, start to finish. Bring to the first class

your sewing machine, along with the instruction manual and all the attachments. You will receive a materials list at the first class and suggestions for the quilting tools you will need. Once you have completed this class, you will be ready for Beginning Quilting. Instructor Teri Hendrickson.

1:00 – 3:00 p.m.

Wednesdays

May 6– June 24

\$15 (8 wks)

Deadline: Tues. May 4

Quilting - Beginning

This session we will be making the quilt design Carpenter Star. Participants can make anything from a small to a queen size quilt. Supply list and patterns will be available the first day of classes. You will need to bring a sewing machine to class after the first day. If you have not sewn much or at all, take the Sewing & Quilting Basics class on Wednesdays. Instructor Teri Hendrickson.

1:00 - 3:00 p.m.

Fridays

May 8 – June 26

\$15 (8 wks)

Deadline: Wed. May 6

Quilting Intermediate – Piecing with Precuts

In this fun class we will be quilting with pre-cut fabric. The main precuts we will use are Layer Cakes (10 inch squares), Charm Packs (5 inch squares), and Jelly Rolls (2 ½ inch strips.) If you prefer you

can cut your own precuts rather than purchase them. We will use patterns that come with time-saving tips. At registration you will receive instructions for accessing these patterns and procuring your fabric.

Shari Coren Instructor.

1:00 – 3:00 pm

Thursday

May 7 – June 18

\$15 (7 wks)

Deadline: Tues, May 5

Readers Theatre

If you have always wanted to be a performer, Readers Theatre is for you! Memorization is not needed. Bring a pencil, highlighter and a 12" x 10" black ¼ - ½" 3 ring binder to class. Last class until September! Instructor is Dolly Garcia. Play held on Thursday, May 28 at 11:00 a.m.

1:30 – 2:30 p.m.

Tuesdays

\$3 (4 wks)

May 5 – 26

Deadline: Fri. May 1

Tatting

Tatting creates a durable lace by handcrafting a series of knots and loops. Use this lace to adorn your spring accessories and clothing. Registration for tatting includes registration in "Craft Time" for free. Instructor Charlotte Jacobucci. No class May 25.

9:15 – 9:45 a.m.

Mondays

May 4 – June 29

\$4 (8 wks)

Deadline: Mon. May 4

Wood Carving

Learn to carve wood or work on an existing project. Get great ideas from experienced carvers. Call Tony Dill 303-775-2256 to arrange free beginning instruction. Program is drop-in, so only pay when you attend.

8:00 – 10:00 a.m.

Tuesdays

May 5 – June 30

25¢ per week

Writing What You Know -

Join us in an adventure in memoir writing and write your wonderful stories to pass on to posterity. Write your stories in your voice with your words and your grammar. We will read samples of published memoirs, explore various techniques to make your writing interesting, and share your stories with sympathetic listeners. Bring writing supplies.

Instructor Shari Coren.

9:30 – 11:00 a.m.

Wednesdays

May 6 – June 24

\$12 (8 wks)

Deadline: Tues. May 5

Yoga – Adaptive

Strengthen your mind-body connection through adaptive yoga - designed for people living with mobility impairments, such as arthritis, balance difficulties, muscular dystrophy or paralysis. Class limited to 5-6 people for individualized attention by Karen Vizyak, physical therapist and yoga teacher. No class June 9.

9:00 – 10:00 am

Tuesdays

Room: Falcon

Session I: May 12 - 26

\$24 (3 wks)

Deadline: Mon. May 4

Session 2: June 2 - 30

\$32 (4 wks)

Deadline: Mon. June 1

Instructor Carolyn Priola teaches these Yoga classes in the Hawk/ Heron Room.

Yoga – All Levels

This class is designed for beginning and continuing yoga students. Some yoga experience is necessary. The class will be modified to accommodate various levels. No class May 21.

12:30 – 1:30 p.m.

Thursdays

Session I: May 7, 14, 28

Deadline: Tues. May 5

\$15 (3 wks)

Session II: June 4 – 25

Deadline: Tues. June 2

\$20 (4 wks)

Note: A new beginner class has been added on Thurs. Initially you can only sign up for Tues AM or Thurs PM, not both. The day after the class deadline you may register for the second class also, if space is available.

Yoga – Beginning Tues

Are you curious about yoga? This basic class will focus on relaxation and breathing, as well as increased range of motion and improved

flexibility. Easy beginning movements, but you must be comfortable getting up and down from the floor. No class May 19.

10:15 – 11:15 a.m.

Tuesdays

\$20 (4 wks)

Session I: May 5 - June 2

Deadline: Fri. May 1

Session II: June 9 – 30

Deadline: Fri. June 5

Yoga – Beginning Thurs

Beginning classes are so popular we added a 2nd class! See Tues description. No class May 21.

1:45 – 2:45 p.m.

Thursdays

Session I: May 7, 14, 28

Deadline: Tues. May 5

\$15 (3wks)

Session II: June 4 – 25

Deadline: Tues. June 2

\$20 (4 wks)

Yoga - Continuing

Improve your health and flexibility with this continuing yoga class for students who have been in yoga class before. Class focuses on gentle yoga to increase flexibility, improve range of motion and reduce stress. Participants should be comfortable getting onto floor. No class May 19.

9:00 – 10:00 a.m.

Tuesdays

\$20 (4 wks)

Session I: May 5 – June 2

Deadline: Fri. May 1

Session II: June 9 - 30

Deadline: Fri. June 5

Senior Advisory Board

The purpose of the Advisory Board is to advise and assist in the needs and operations of Eagle View. The Board will meet Tues. May 19 at 1:00 p.m. Members are: Chuck Phelps, Fran King, Dave Thomas, Peggy Jarrett, Dan Buckner, Lois Burrell, Jane Talbot, Bill Alsdorf, Dave Jacovetta, Heidi Storz, Judy Schissler, and Richard Villalva. JW Edwards is the City Council representative. Visitors are always welcome. Board doesn't meet in June or July.

Friends Program Fund

The Senior Advisory Board has established a scholarship fund. The Friends Program Fund provides financial assistance to older adults with limited financial resources to participate in programs sponsored by Eagle View Adult Center. The simple application form is available at the front desk. Application must be approved PRIOR to registering for the event. Donations to the fund are appreciated.

Charitable Contributions

Together we can continue to enhance the great programs and services offered for seniors and active adults in the Brighton area. Your financial support will be recognized on the donor wall at Eagle View. All donations are tax deductible. Make donations payable to: Brighton United Senior Citizens, 1150 Prairie Center Parkway, Brighton, CO 80601.

Donor Opportunities for Wall Recognition:

Friend: \$100 - \$499

Memorial: \$100+

Sponsor: \$500 - \$999

Benefactor: \$1000+

Recycle Aluminum Cans

Bring your aluminum cans to be recycled to the brown bins located just inside the community gardens. Proceeds benefit Eagle View. Thanks to the City of Brighton Parks Department for their assistance with this fundraising project.

Trip and Activity Policies

- Anyone 55 years of age or older is given priority to participate in all center activities and programs.
- If adults age 40 - 54 want to attend a class, trip, or a space-limited event they will be added to a wait list. Inquire at the EVAC front desk.
- Payment is due at registration. Cash and checks only. Keep your receipt.
- The Center reserves the right to cancel any activity if minimum registration is not met.
- **Refund Policy for Cancellations:**

If the CENTER cancels the activity/trip:

Full refunds will be given.

If YOU cancel BEFORE the deadline date:

Refund of cost, minus a \$4 cancellation fee.

If activity charge is \$4 or less, NO refund is given.

Allow one week to process refunds.

If YOU cancel AFTER the deadline date:

NO REFUND IS GIVEN unless we can sell your spot. If you are unable to go on a ticketed trip, **DO NOT** sell or give your space to someone else before checking with Eagle View to see if there is a waiting list. If there is NO wait list, you may give away or sell your trip space after telling the Center **BEFORE** the trip - one day notice preferred.

Outreach & Referral

Do you need help and don't know where to turn?

Ermie Marquez will assist you with completing forms, help you find needed services, and make home visits to assist homebound people! **Call 303-655-2079 for an appointment. NO appointments after 3:00 p.m.**

Transportation

VIA provides specialized transportation within the City of Brighton. Medical appointments, grocery shopping and to Eagle View are just a few of the places you can go. Call 303-447-2848 x1014 for more info; to schedule rides, call 303-447-9636.

Call-n-Ride - The green bus is an RTD service.

Call 303-994-3549 to make a reservation. The driver will pick up and deliver you anywhere within Brighton, Mon - Fri, 6:00 a.m. - 7:00 p.m. Cost is the local RTD bus fare.

Don't Miss This!

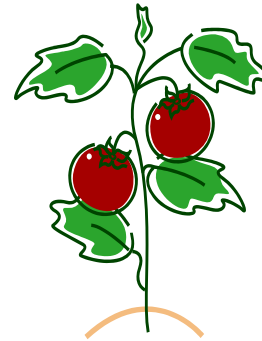
Rocky Mountain Senior Games June 10 -14, 2015 in Greeley

It you swim, bowl, walk, run, bike, shoot pool, lift weights, golf, shoot basketball, or participate in another sport, join us at the Senior Games in Greeley on June 10 - 14. The Games provide competition in over 25 sports for adults age 50 - 100, of all abilities. Compete in male or female divisions in 5-year age categories (50-54, 55-59, 60-64, etc.) Registration forms are available at Eagle View if you wish to join the Brighton Team. To receive a team shirt and registration fee assistance, forms are due to the Eagle View Front Desk by Monday, May 4 at 4:00 pm. Please do not register on-line with Senior Games directly! Need more info? Call Eagle View at 303-655-2075.

Registration Form & Fees Due: Mon. May 4
Final meeting for Team members: Mon. June 8 at 3 pm

Community Garden Registration

It's planting time again!
Register now for the Eagle View
Community Garden beds.
Cost is \$20.



Bloomin' Buckets and Ice Cream

The "Bloomin' Bucket Brigade" will be back to distribute "container gardens" to participants of the Eagle View Adult Center. Each bucket contains a tomato plant perfect for a porch or patio. Sign up by May 27 to reserve your plant! Join us on Tues. June 9 to pick up your bucket and enjoy an ice cream social with some of the volunteers that made this project possible. Thanks to Harmony Angels, Harmony Gardens, Brighton Boys & Girls Club, Home Depot, and others for making this program possible. Note: Only 1 plant per household please!

1:00 p.m.

Tues. June 9

Deadline: Wed. May 27



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